



FIG. 1

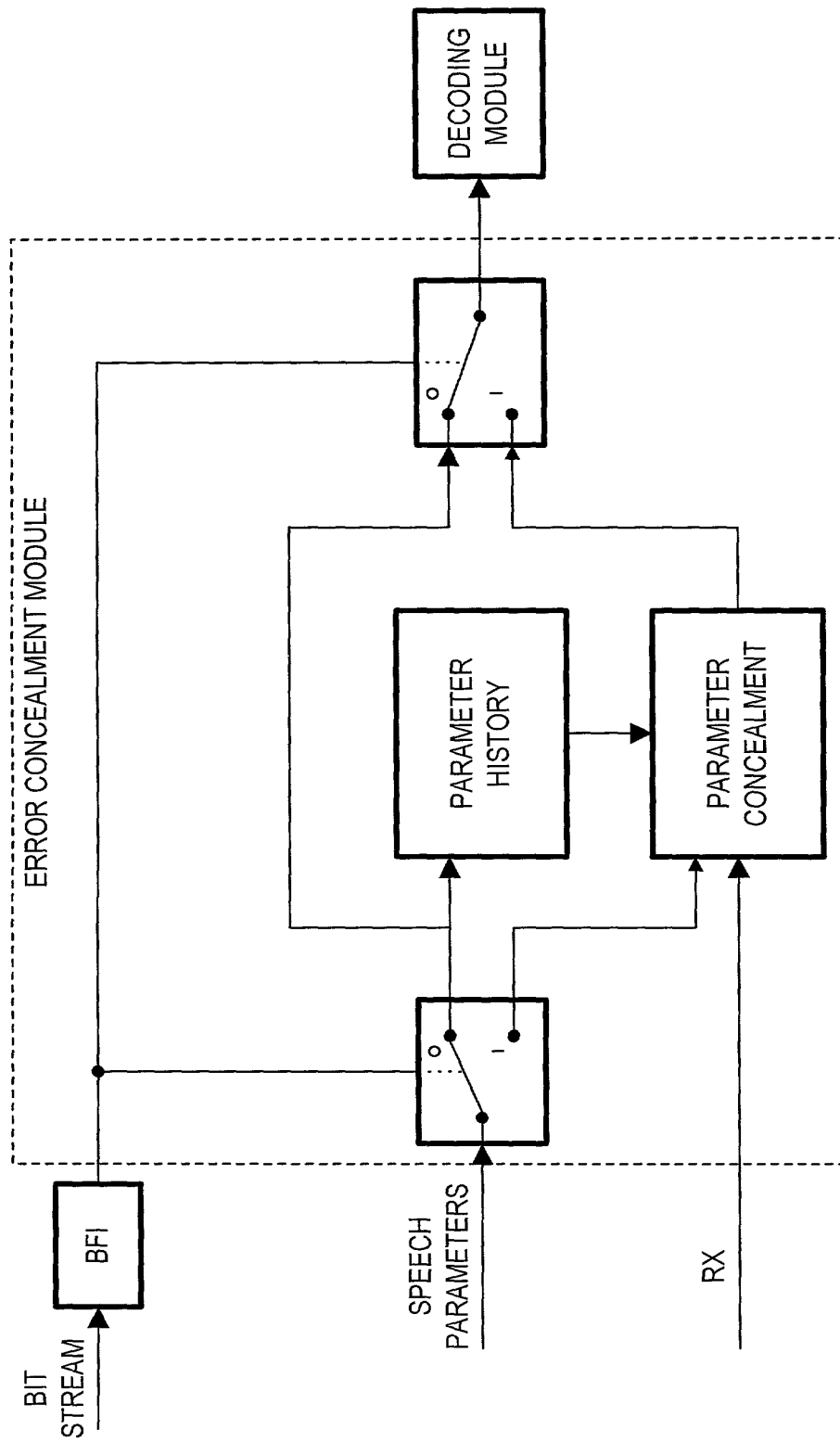


FIG. 2

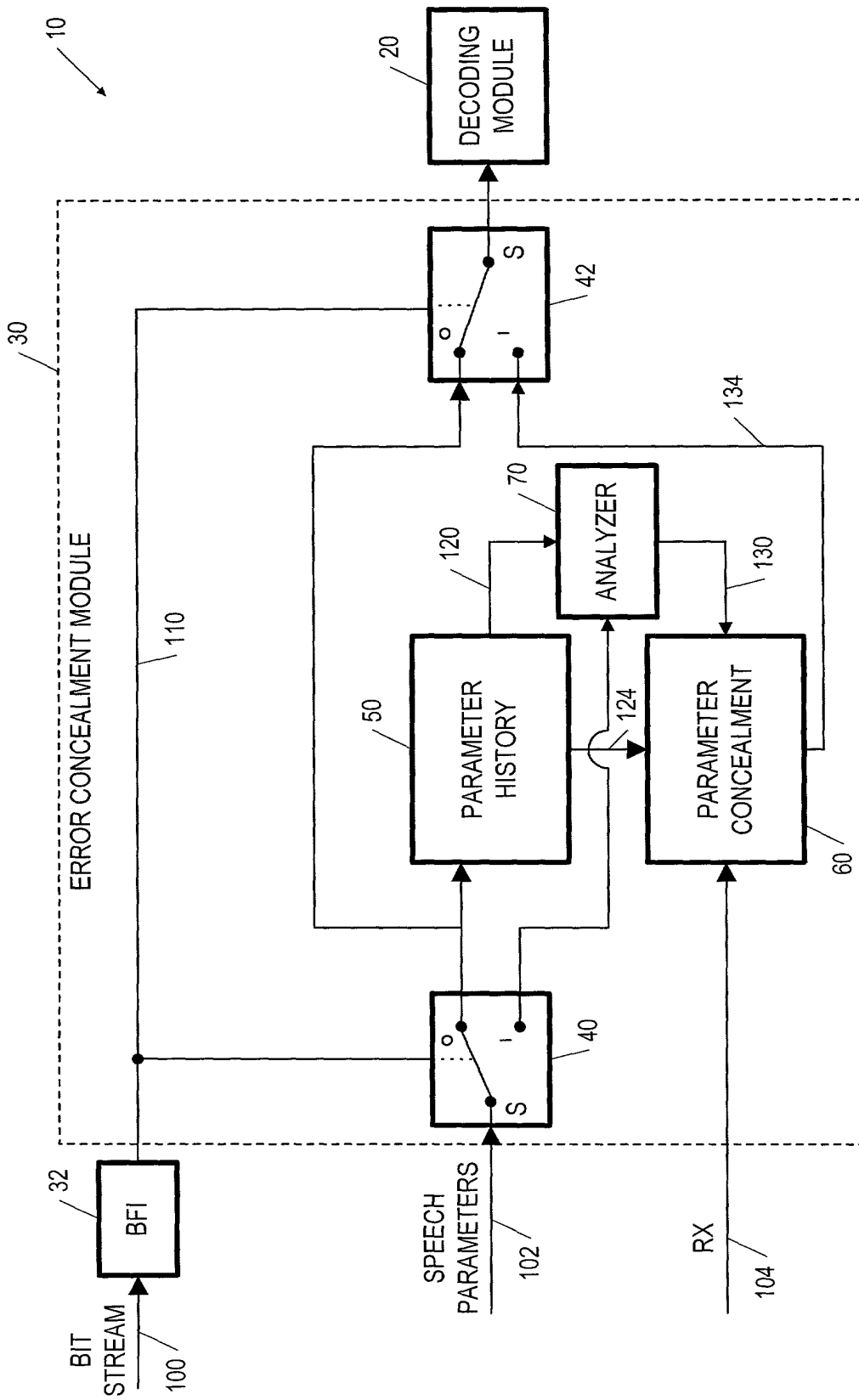


FIG. 3

Table 1. Demographic characteristics of the study population	
Age (years)	65.5 ± 1.2
Gender (male/female)	10/10
Education (years)	12.5 ± 0.5
Occupation (white/blue)	10/0
Marital status (married/divorced/widowed)	10/0/0
Smoking status (smoker/nonsmoker)	10/0
Alcohol consumption (yes/no)	10/0
Comorbidities (hypertension/diabetes/cholesterol)	10/0/0
Medication (antihypertensive/antidiabetic/anticholesterol)	10/0/0
Family history (hypertension/diabetes/cholesterol)	10/0/0
Physical activity (yes/no)	10/0
Stress level (low/moderate/high)	10/0/0
Sleep quality (good/poor)	10/0
Depression (yes/no)	10/0
Anxiety (yes/no)	10/0
Life satisfaction (high/low)	10/0
Health-related quality of life (high/low)	10/0
Overall health status (good/poor)	10/0
Study duration (months)	12
Dropouts (yes/no)	0/10
Final sample size (n)	10

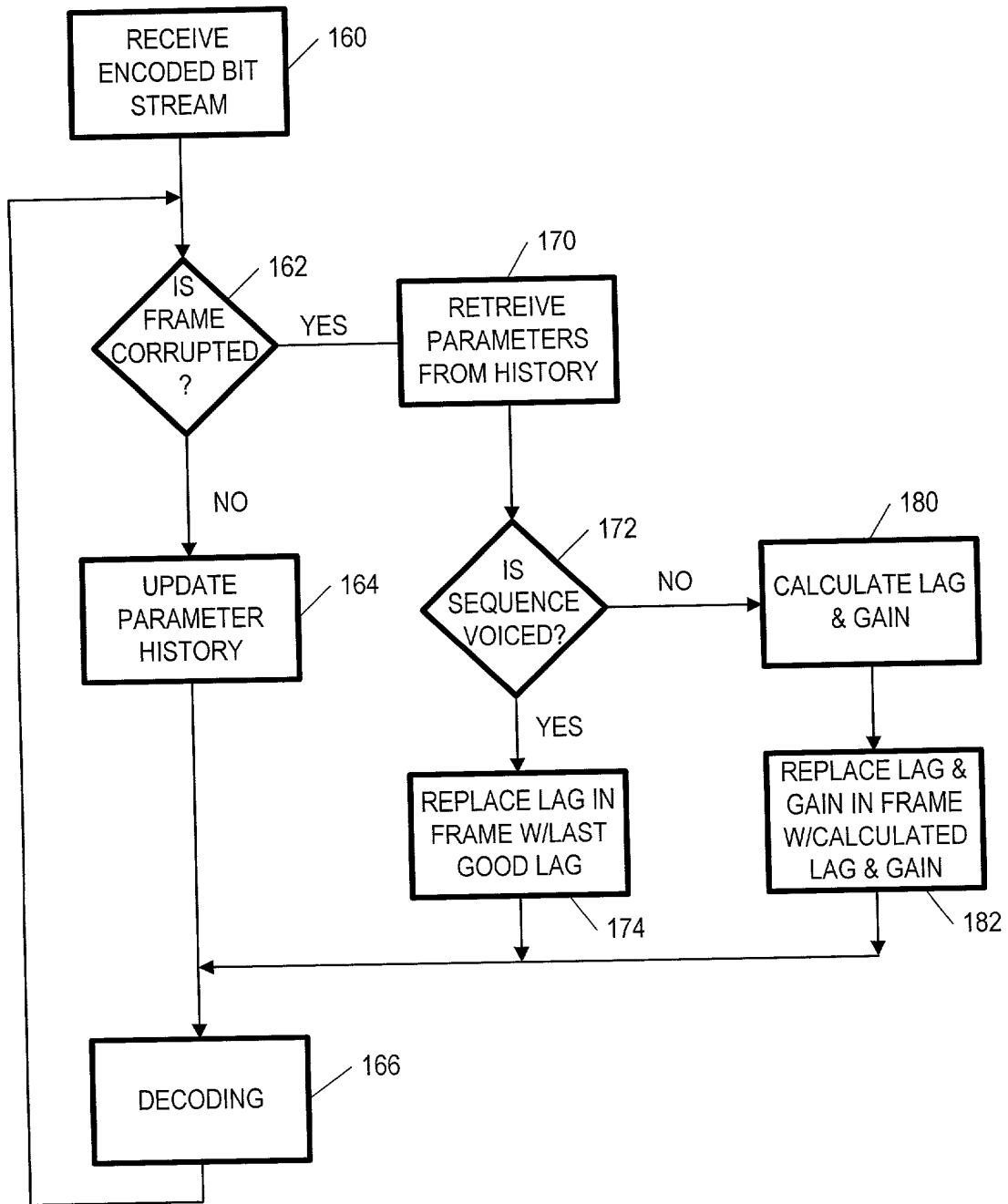


FIG. 4

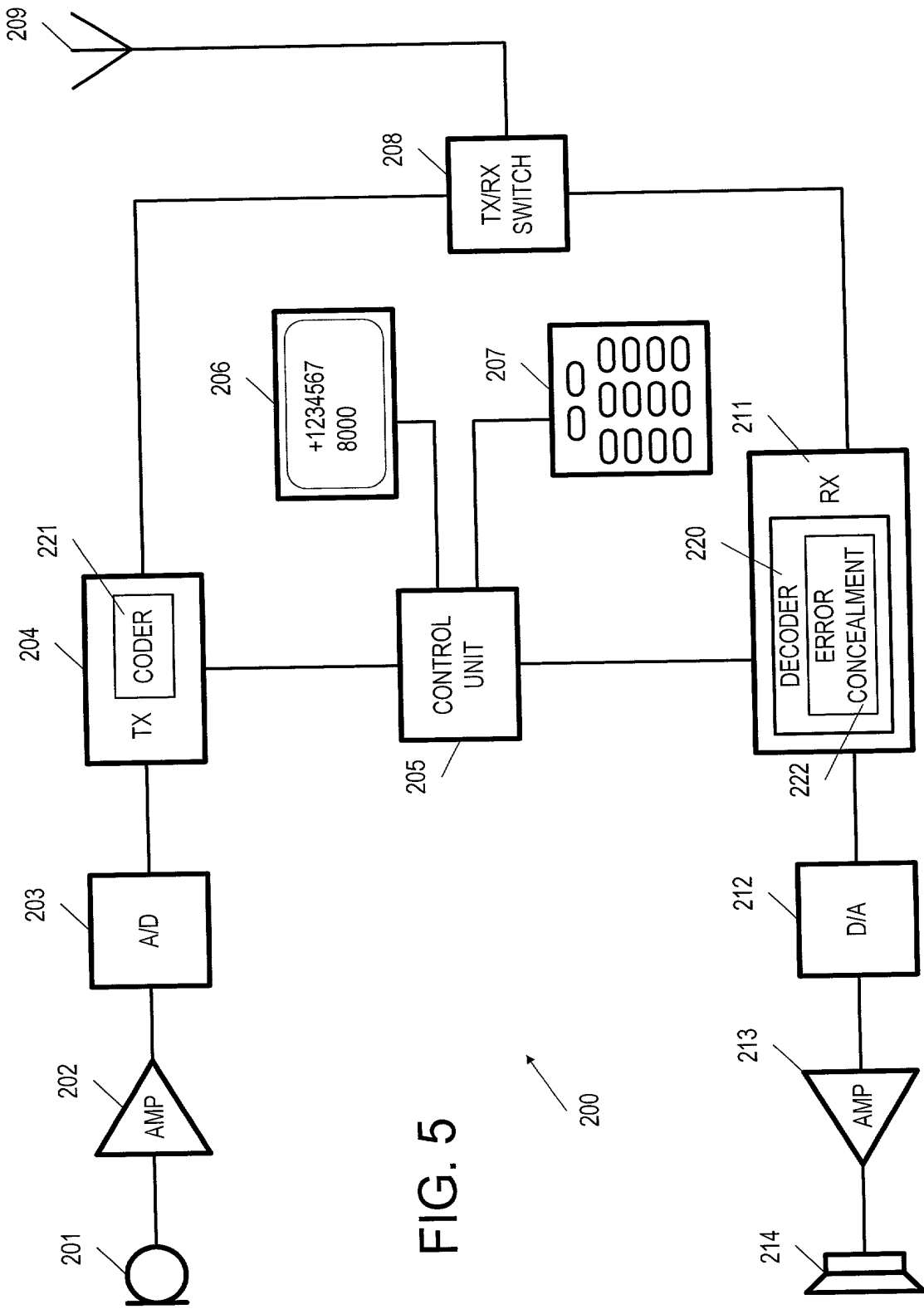


FIG. 5

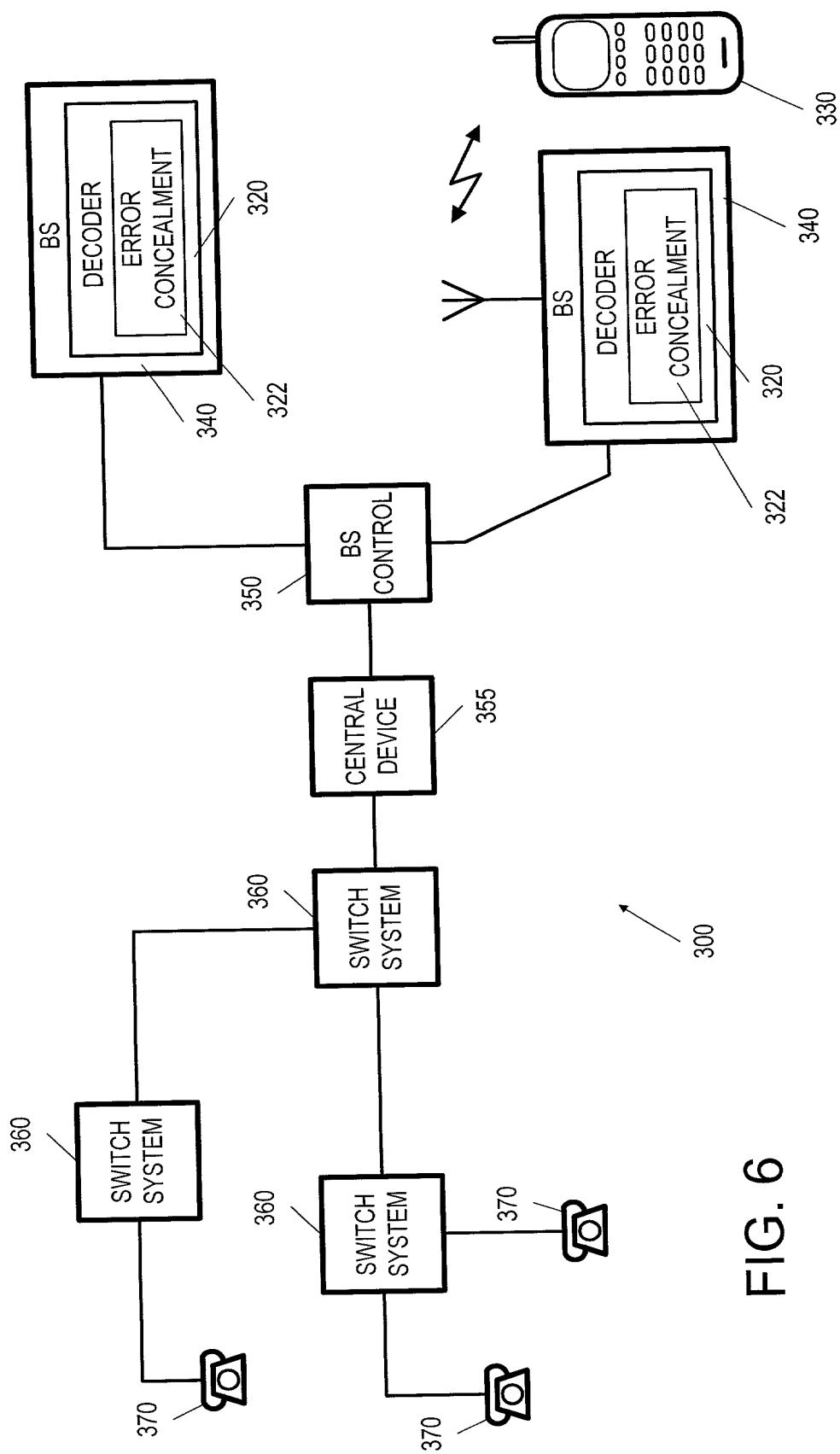


FIG. 6

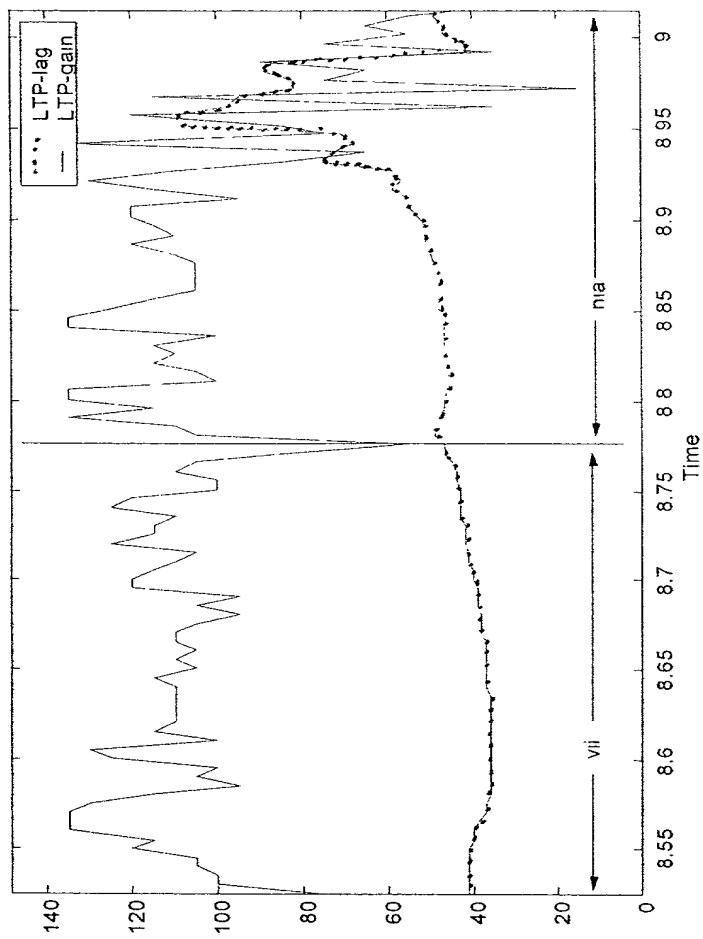


FIG. 7

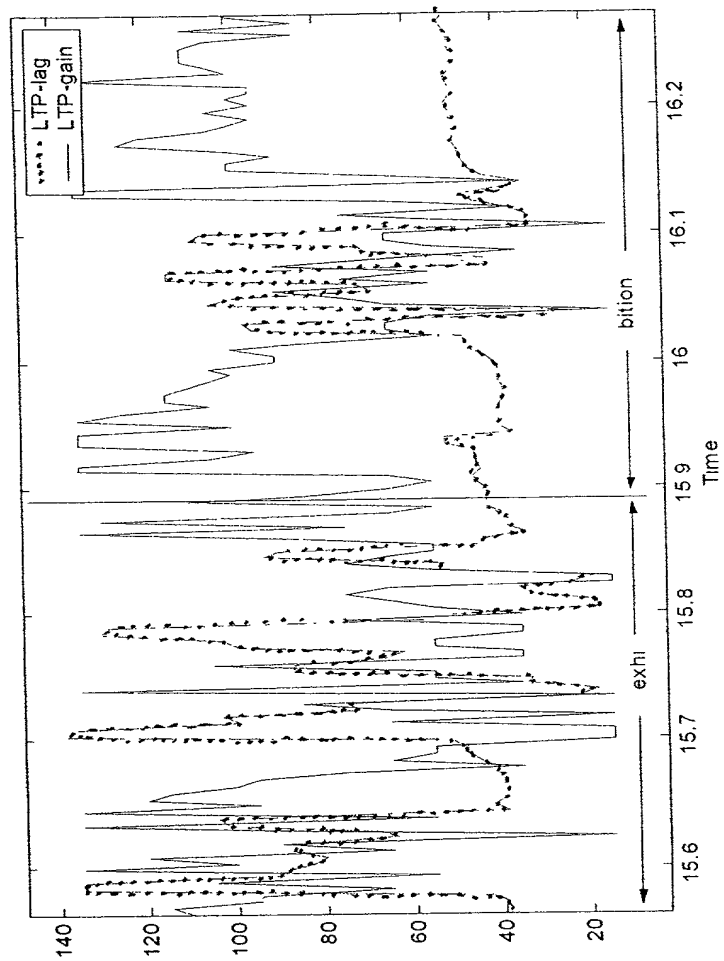


FIG. 8

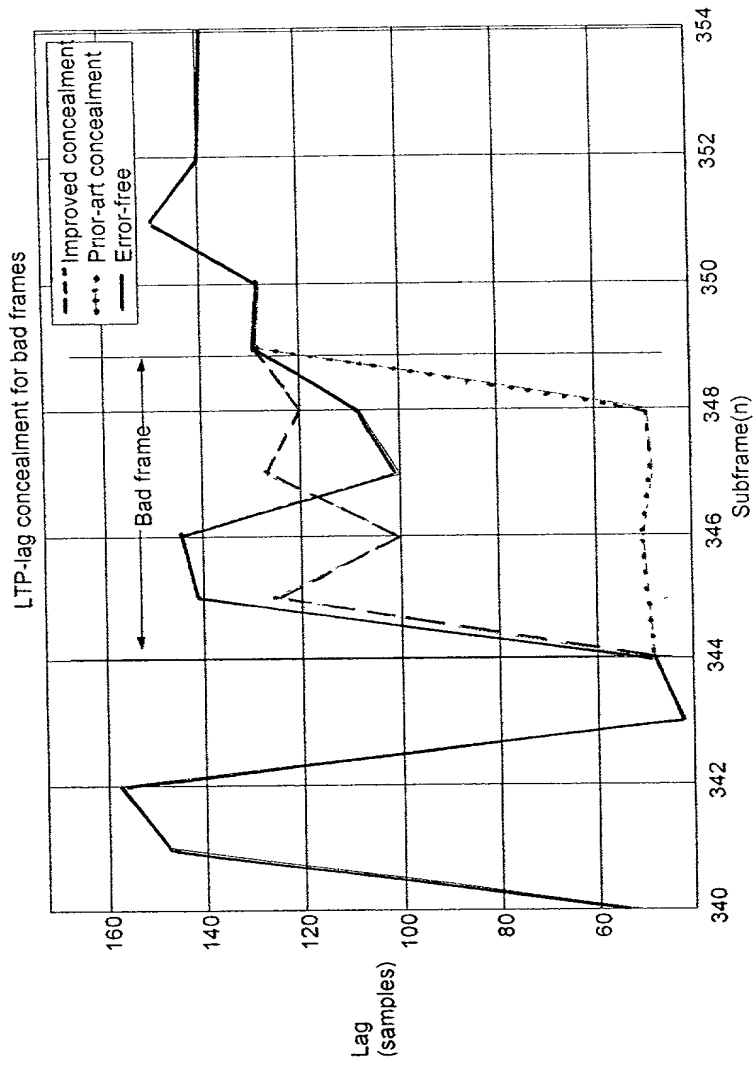


FIG. 9

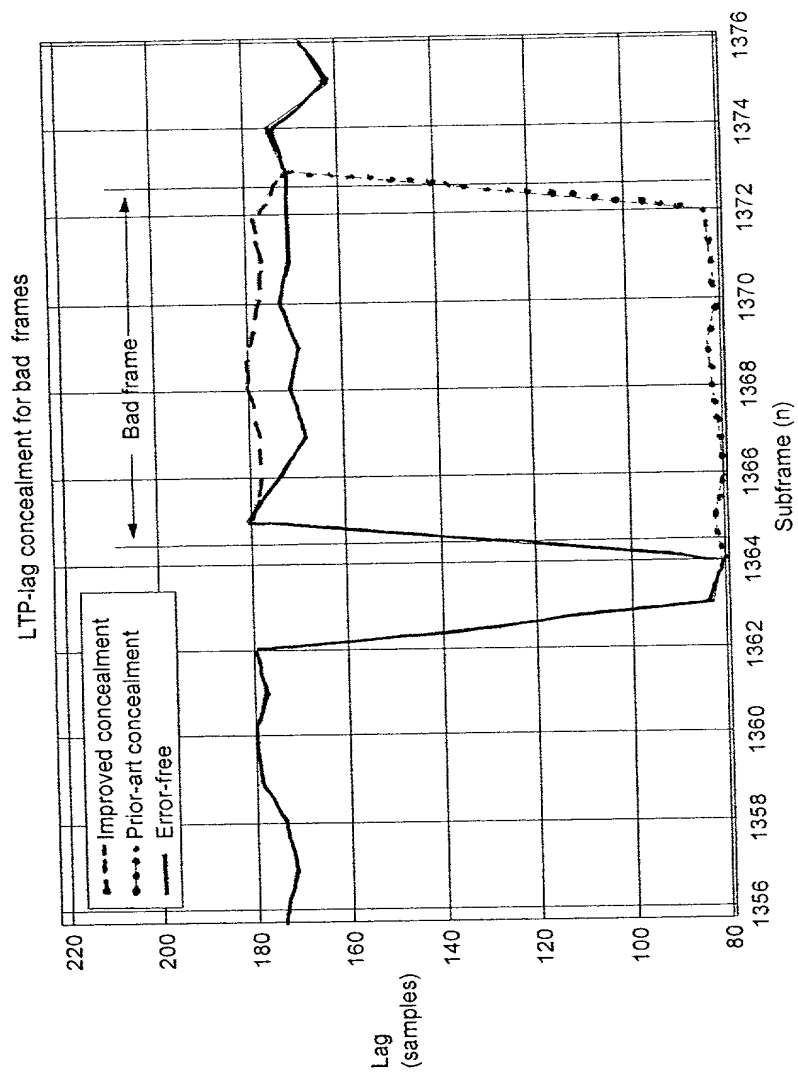
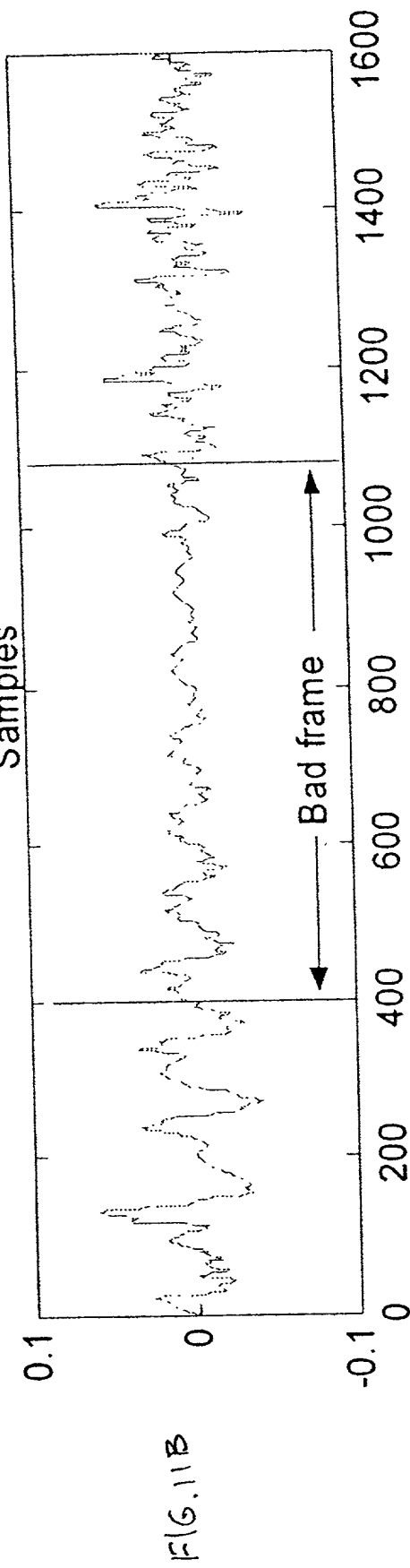
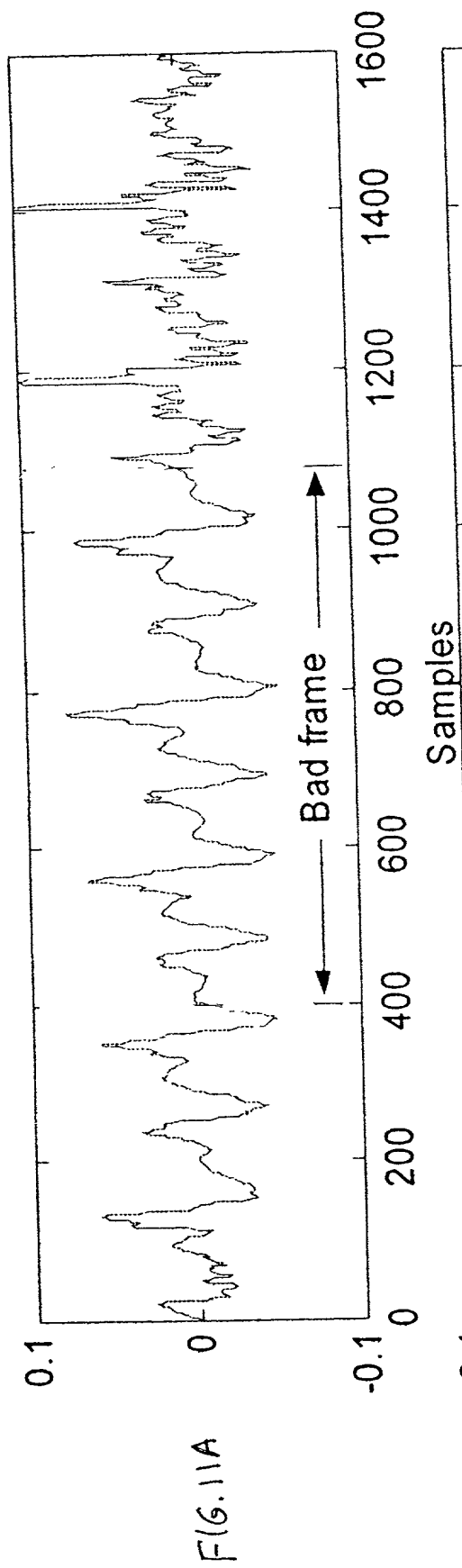


FIG. 10



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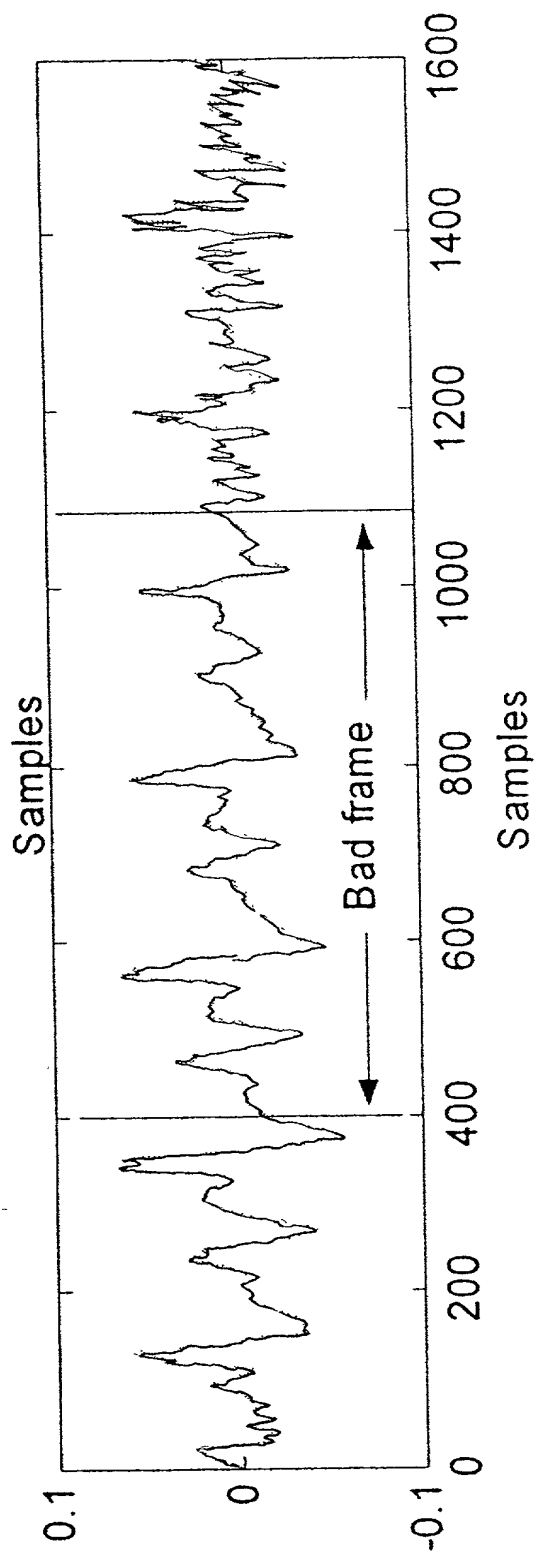


FIG. 11C